

How to Submit Documents

You can submit the medical documents through your chain of command via fax, email, or mail.

You Can Submit Documents to:

Unit
Battalion Medical Readiness NCO
Brigade Medical Liaison
State Surgeon's Office

Preventative Measures for Overall Good Health

- Exercise Regularly
- Healthy Diet
- Healthy Weight Control
- Practicing Proper Lifting and Carrying Techniques
- Smoking Cessation

Website Link to Low Cost Clinics

NeedyMeds

http://www.needymeds.org/free_clinics.taf

State Surgeon's Office Website

Includes:

- Staff Contact Information
- Forms and Regulations
- Brochures

<http://www.calguard.ca.gov/G1/sso>



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Sacramento, CA 95826-9101
Fax: 916.854.4200

SSO Email: ca-mail.sso.ngca@ng.army.mil



Asthma



California Army National Guard
State Surgeon's Office

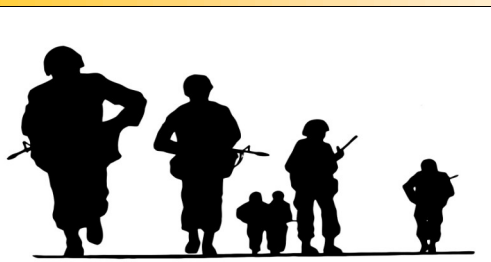


Asthma

Asthma is a breathing disorder where your airways become narrow and swollen and breathing becomes difficult. Common signs and symptoms may include shortness of breath, a wheezing or whistling sound when you exhale, and cough. You will need to see your doctor to be evaluated for Asthma.

Medically Non Deployable Status

You have been placed in a Medically Non Deployable (MND) Status for **Asthma**. You will need to submit appropriate medical documentation through the proper chain of command to clear your medical flag.



What the State Surgeon's Office Initially Needs from your Medical Provider:

- Diagnosis (what is your medical condition)
- Pulmonary Function Tests (measures the effectiveness of your breathing)
- Prognosis (what your doctor thinks your likely outcome will be)
- Treatment Plan (dietary changes, life-style changes, medications, etc.)
- Comment on Functional Activity Limitations (permanent or temporary, with duration)
 - What physical activities you can and cannot do (e.g. running, jumping, and lifting)

For your Medical Provider:

This patient is an Army National Guard Soldier recently identified with a history of **Asthma** or airway hyperactivity. Army regulation requires specific clinical data to determine fitness for duty for asthmatics. On initial assessment/presumptive diagnosis, please evaluate spirometry pre- and post-bronchodilator, as indicated. For a clinical suspicion of increased bronchial responsiveness, please evaluate with bronchoprovocation. For patients on chronic inhaled steroids, please provide most recent PFT. Please comment on the patient's capacity for vigorous exercise outdoors, and identify any further limitations on the attached assessment sheet. Thank you.

Acceptable Medical Documents:

- Completed Standard Form 513 (SF 513)
- Office Visit/Provider Notes
- Results of any X-ray/Imaging Studies
- Results of any Diagnostic tests